



SEKONDA 25

Spicy teaser Geri

GORGEOUS Geri Halliwell proves she's Top Of The Bots with this

she's Top Of The Bots with this sensational telly performance. The 32-year-old bent over backwards to wow the crowd as she belted out her latest hit, Ride It. Fans can see her sizzling routine on Top Of The Pops tonight, at 7.30pm on BBC1. Geri's single

■ by TOM SAVAGE

by TOM SAVAGE
went straight in at No4 on
Sunday – and the sight of her
gyrating in her basque should
see it rise even higher.
A show insider said: "She's
been a favourite on TOTP since
her days with the Spice Girls and
she's lost none of her magic."

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Religion

Gym can't always fix it say top docs

KEEPING fit is a waste of time for some of us - because we've got the wrong

genes.
Workouts have been sold as a sure-fire way to avoid an

as a sure-fire way to avoid an early grave.
But the message could be too simplistic, say scientists. Even strenuous efforts may have no effect on your fitness or the risk of developing diseases like diabetes for some.
Dr Claude Bouchard, of Louisiana State University.

Louisiana State University, said: "The vast majority will

■ by OLIVIA MATTHEWS

benefit in some way – but there will be a minority who will not benefit at all."

will not benefit at all."
In an Australian study, 742
people from 213 families of
couch potatoes were put
through a strict 20-week
training programme.
Their exercise was gradually increased so that by the
end the volunteers were
training for 50 minutes
three times a week.
They were performing at

They were performing at 75% of the maximum output they were capable of before the study began. The most "trainable" volunteers gained more than 40%, but some showed no improve-ment at all.

Risk

Similar patterns were seen with their cardiac output, blood pressure, heart rate and other markers of fit-

Dr Bouchard said the impact of training on their risk for diabetes and heart disease also varied.

It improved in 58% of vol-unteers following exercise

but in 42% it showed no improvement or, in a few

improvement or, in a few cases, may have got worse.

"It's negative, but it's true. Some people slog away and don't get any improvement," said Dr Kathryn North, of Sydney's Children's Hospital.

And Dr Mark Hargmanus of

Hospital.

And Dr Mark Hargreaves of Melbourne's Deakin University, added: "We need to recognise that although on average exercise may have clear benefits, it may not work for everyone.

"Some neonle may do het."

"Some people may do bet-ter to change their diet."





PAGES 60-62



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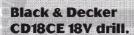


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HERE'S a set of sexy stockings that'll get your bells ringing this Christmas – and they're FREE.
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physician segmentation with the popular ranges from the new Legsonline collection. You can buy a 12-pack of stockings for only £12.99 – or lacy-top nylons for just £2.83 a pair.

And as a special treat, why not order a super-sexy Nottingham lace suspender belt for only £4.99? All offers include postage and packing. The LegsOnline brand offers superior quality at affordable prices.

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STAR COUPON

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The website also features the latest hosiery, size and colour charts, competitions and advice on what you should be wearing. Plus you can buy other brands including Pretty Polly, Jonathan Aston, Splendour and Janet Reger.

But don't worry if you haven't got access to the internet. When you apply for our great offer, a re-order form will be sent with your stockings.

To claim your free stockings, fill in the coupon below and send it with a stamped, self-addressed envelope measuring at least 10in by 8in – to: Legs Online Stockings Offer, PO Box 222, Wellingborough, NN8 1SP. Or send a cheque or postal order for £1.25 with your coupon to cover post and packing, made payable to Legsonline.com

If you are ordering other hosiery, there is no need to send a stamped addressed envelope. Your free stockings will be sent to you automatically

with your order. Don't forget to circle which colour of each product you would like.

Only one free pair per household. Photocopies of the coupon will not be accepted. Allow 28 days for delivery.

Cheeky flockers

STORE bosses have been offered £5,000 bonuses if they can force rivals to shut. But Somerfield's cam-paign – dubbed "Flock Off" after the Co-op's Colin the Sheen ads –

Colin the Sheep ads has been blasted by competitors.

Come 'n get Lotts

THREE ticket holders still haven't claimed their £1.6million prizes in last month's Lotto birthday draw.

The winners are being hunted in West Midlands, Cheshire and Gloucestershire.



TOTS GALORE: Jennifer

First But Jen says she can't wait to start a family with

more top roles.

fiancé Tony Richardson, 26. The former Brookside babe is 21 – and insists she

She is also in talks for

SEXBOMB Jennifer Ellison will put her Hollywood dreams on ice - because she wants FIVE babies.

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The singer-actress does plan to move to Los Angeles to become a movie star and has already filmed a role in Phantom of the Opera

■ by GARY NICKS

wants to have her first baby by the time she's 25. She said: "My mum was only 17 when she had me, so I've always wanted to be a young mum, and Tony will be 30 then. And I want a big family – I want five."

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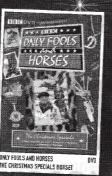
















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MEGASTORES VS WATCHING FLOCKS



Slip into a sizzlin' stocking thriller

THEY might not do much for keeping you warm, but you'll look hot in these sexy undies. This sizzling new collection from Knickerbox features six sensational

designs that will transform you from party animal to sex kitten in a wink.

The glamorous worn-to-be-seen diamante straps will dazzle under chic and simple

by CLARE TAYLOR

party frocks – perfect for the Christmas festive frolics. Plus, there are strapless bustiers and bras that leave little to the imagination while still looking classy. With names like Decadence, Flirt and Casino, these saucy undies are sure to put a festive twinkle in any man's eye. Available

in claret, ivory and black, these saucy offerings are the ultimate Christmas stocking filler, and the good news is they suit everyone from 32A to 38DD and 8-18.

And, because there's plenty of styles – from camisoles and balconette bras, to French knickers and suspenders – there's guaranteed to be something to flatter every shape and size.

Take a tip from us, any guys hoping to

wake up to a real Christmas cracker should have the Temptress gift set under their tree. This beautiful black lace babydoll and matching thong will melt the heart of even the frostiest ice maiden. With 67 stores and outlets across the UK,

there is sure to be a Knickerbox near you, or you can log on to www.knickerbox.co.uk and shop in the online boutique. For your nearest store call 0845 456 2343.

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JANE O'GORMAN SOLVES YOUR PROBLEMS TODAY AND EVERY DAY

Betting habit's ruining

I'M a single mum and addicted to

I'm addicted to online gambling.
The minute I get back home from taking the children to school, I switch on my computer and start betting.

I hate myself for being so weak, but I just can't seem to break the habit. It's like a drug.

a drug.

Some days I'm losing
more than £200. The house
is a total mess, I look
dreadful and I'm massively in debt.

Every night I go to bed vowing that tomorrow will be different, that I'll take

be different, that I it take back control and sort myself out, but I can't.
I'm weak and pathetic, and I feel so bitterly ashamed of myself.

No one knows my secret.
There's no way I can confide in my parents or sis ters, because they've all had such hard lives and would call me selfish and stupid – which I am.

JANE SAYS: You are absolutely right - com-pulsive gambling is an addiction.

Just like drinking alcohol or taking drugs to extreme, once hooked the gambler experiences the highs and lows of any addict.

addict.

The good news is that there are people who can help you. There are two organisations aimed at people like you. One is

Gamblers One is Anonymous (087000 508880. www.gamblers-50880, www.gamblers-anonymous.org.uk). This is a fellowship of people who have joined together in an effort to conquer their own gambling prob-lems and help others. The other arranisation

The other organisation s GamCare (0845 600 org.uk), which is a regis-tered charity for gamblers and those around them.

and those around them.
You can also buy a software package called a
Gamblock. Once it is
installed in your computer, it prevents access to
gambling sites.
It costs £16.99 and
can be purchased from
www.gamblock.com.
As for your debts, contact the National Debtline
(0808 808 4000) for advice.
And do try to speak to

And do try to speak to your GP and a close triend about the trouble you're in.

Ask your friend to help you to sort your house out and bring some orde back into your children's TWO weeks ago, I received this let-ter from a reader asking what you

throught she should do...

A FEMALE friend constantly goes on about how much she fancies my husband. Not only does she speculate about the size of his willy and performance in bed behind my back, but she also makes suggestive remarks to my face.

behind my back, but she also makes suggestive remarks to my face.

The other day she insisted on knowing how often we make love and for how long. Friends say she openly fantasises about him.

It was all a bit of a laugh at the start, but now I'm beginning to feel jealous and threatened.

Here's some of your replies...

I WOULD invite this woman to my home for a coffee. There's

I WOULD invite this woman to my home for a coffee. There's nothing like home turf for giving you the upper hand. Once she was relaxed, I'd ask her not to keep say-



ing stupid things about my man, I'd emphasise that her comments were hurtful. Then I'd sit back and watch her squirm. I did something similar once and it

nd it worked a treat.

DEBBIE COPELAND, Kent. CAN'T your reader get one of her friends to have a quiet word with this pest? It might do the trick.

Mrs ANGELA EDMONDS,

Birmingham.
COULDN'T stand another
oman making comments woman making comments about my man. I'd have to confront

her, have a row and make her look stupid. You may consider this an

stupid. You may consider this an aggressive approach, but no one has ever messed with me.

NAME WITHHELD.

NOW for this week's problem. Send your advice to the address at the bottom of the page. A selection will be printed in two weeks...

I CAN never say no to anyone. At work, my boss gets me doing all the horrible jobs because he knows I won't object.

At home, my elderly parents have me running around all over the place for them. Even my ex-husband makes demands on my time and bottows, money from me. borrows money from me.

When I go out with my girlfriends, I often end up having one-night stands with strange blokes, simply because I don't know how to turn them down when they ask for sex.

n too tiny t

I'M desperate to watch girlfriend having sex with a well-hung man.

She's not sure about this. She reckons it will kill me to see her

with someone else.

But the whole idea turns me on so much. I think about it all the time and long for the day when she agrees to it. The thing is, this is the only

think we can save our

so small, in fact, that she has never had an orgasm during sex. It is only four inches when erect and not very thick.

My girlfriend has never known what it's like to have a massive man make her orgasm and I'm worried that she feels deprived and frustrat-

ed I hear of other women orgasm five times a night, but it's not like that with us.

She's 16 and we've been together

She's 16 and we've been together for eight months. At the start we were both virgins, but had sex in the first week of meeting.

I love her so very much and dread losing her. Obviously I don't want to comfortable with, but I think that my "other guy" idea would benefit us both.

Do you think it's worth a

Do you think it's worth a try, or is there a danger that she'll prefer a bigger guy and leave me?

JANE SAYS: How can you possibly want a 16-year-old CHILD to have sex with

another man in front of you? That's horrible. No wonder she's reluc-tant – she must be scared out of her wits.

out of her wits.
I strongly urge you to get a grip. It would be very wrong of you to put any kind of pressure on your girl to perform for you. She needs to be shown love, courtesy and respect.
If you have a problem with the size of your penis, speak to your GP about it. My teeling is that you'd be better off with a woman closer to your own age.

closer to your own age.

RECENTLY discovered boyfriend asleep on the bed wearing only a frilly black and pink thong.

only a trilly black and pink thong. The thong had been pulled to one side, so all of his bits were hanging out. Next to him was an open lingerie catalogue. It was instantly obvious to me that he'd been masturbating and had fallen asleep.

I crept out of the room and deliberately slammed the front door to let him know that I was home.

I haven't said anything to him

I haven't said anything to him about what I saw, but during a search of his wardrobe I did find a dozen pairs of sexy knickers and thongs. thongs

thongs.

The only person I've confided in is my best friend and she reckons that he must be gay. But I've never seen anything to suggest that he is. I'm

myself to talk to him about it

JANE SAYS: Why would a gay man be masturbating over a lingerie catalogue? It doesn't make much sense. It sounds to me as if your boyfriend is completely heterosexual — he just loves the feel of tight satin and lace most to his ekin.

loves the feel of tight satin and lace next to his skin.
I understand that you may have had something of a shock when you discovered his saucy secret, but I really don't think it's anything to be wary of. Seeing a man dressed in female undies is a popular fantasy among women. Why don't you pluck up your courage, tell him you know and ask him to introduce his special gear into your regular lovemaking? I guarantee that it'll be sexy and fun.

(Calls cost 60p per minute from a BT landline)

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To have a problem answered on this page, write to JUST JANE, Daily Star, 10 Lower Thames Street, London EC3R 6EN

IS IT TIME TO **CHANGE?**

Day Five



PHIL GOES TO THE SPARE ROOM 0







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PICK OF THE CROP: The legendary Lennon is at No1

FOCUSING ON THE HEROES WHO

the head

■ by SAM PARKER

SO THE 100 ultimate rock 'n' roll heroes have been chosen – and now it's time to honour them with an eyecatching new exhibition.

The music gods and goddesses who make up the O2 Q Icons is a starry list, meaning this revealing selection of photographs – some never seen before – provides an intriguing Who's Who of music

Legendary Beatle John Lennon tops the prestigious poll, as voted for by readers of Q Magazine and O2 customers, and he's in good company.

good company.

A startling array of the great, the good and the quirky from both past and present have been given the fans' approval – and many of the pictures chosen to honour their success are equally amazing.

A-list

The star-studded collection, which opens today at the Proud Camden Gallery in London, profiles this musical top 100 in a series of images by some of the world's leading rock photographers.
Famed snappers in their own right, these guys and gals won't waste their talents on just anyone, ensuring the exhibition is just as A-list as its subjects. Many of the images offer up these

as its subjects. Many of the images offer up these heroes and heroines of our time in a whole new light. And younger fans will be pleased to know that many a mover and shaker from the current generation are in the mix.

in the mix.

Justin Timberlake's Justin Timberlake's smooth moves have seen him shimmy into the list, and he is joined by the likes of Marilyn Manson,

likes of Marilyn Manson, Snoop Dogs, the White Stripe's Jack White, Eminem and Thom Yorke. Talented babes, includ-ing Kylie, Missy Elliot, Madonna and Christina Aguilera, prove women are up with the best.

Shiver

But of course, this would not be a true all-time greats chart without the presence of the gone, but never-to-be-forgotten Elvis, Jimi Hendrix and Kurt Cobain, as well as golden oldie rockers including Mick Jagger, Bob Dylan and Sir Paul McCartney. "Evervone has an icon. a

"Everyone has an icon, a hero someone who essentially changes their life," says Dave Henderson, the Q creative director.

"There's always one song even one line that brings back a memorable

brings back a memorable moment in your life.
"These stars are woven into our lives and stay with us forever it is their songs that define who we become. Whether it's Jimi Hendrix annoying your parents, the first time you saw U2 or the shiver up your spine when Aratha your spine when Aretha sings, this is what makes us tick and makes those icons so important."

 O2 Q Icons runs from today to January 28 at the Proud Camden Gallery, Greenland Street, London NW1 OND.

NW1 OND.
Opening times: 10am7pm Monday to Thursday,
11am-6pm Friday to
Sunday. Admission: £3,
concessions £2.
Images from the exhibition can be viewed online

tion can be viewed online at www.proud.co.uk





FLAMIN' WONDERFUL: The Pogues' frontman Shane MacGowan



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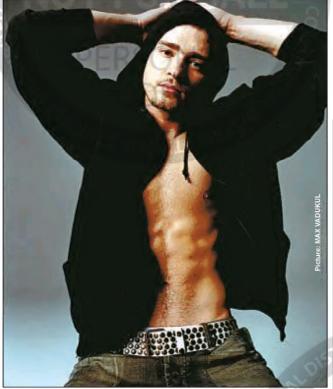


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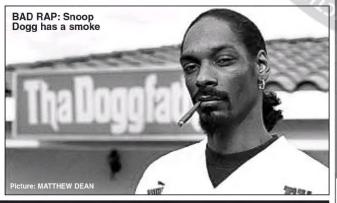
TWENTY-FIRST CENTURY MAN: Justin Timberlake is a hero of today



ON AIR: Radiohead's Thom Yorke



PIXIE: Frank Black and friend





EVEN ICONS NEED A REST: Jack White of the White Stripes takes forty winks on the sofa





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Here we go again...the Yanks

UK TOP 10

- 1 (-) THE INCREDIBLES
- 2 (1) BRIDGET JONES: THE EDGE OF REASON
- £3,009,954 3 (-) THE FORGOTTEN
- E653,945
 THE GRUDGE £439,726
 AFTER THE SUNSET
- 6 (4) THE MANCHURIAN
 CANDIDATE £360,362
 7 (5) TAXI £277,961
 8 (6) VEER ZAARA £199,848 CANDIDA. £277,901 (6) VEER ZAARA £199,848 (-) BEYOND THE SEA £179,558 £179,558
- 10 (7) LADIES IN LAVENDER £167,886 © EDI-FACTS

US TOP 10

- 1 (1) NATIONAL TREASURE 1 (1) NATIONAL THEASURE \$32,156,917 2 (3) THE INCREDIBLES \$23,580,279

- 3 (-) CHRISTMAS WITH THE KRANKS \$21,570,867
 4 (4) THE POLAR EXPRESS \$19,389,297
- SPONGEBOB SQUARE-PANTS \$17,844,331 ALEXANDER \$13,687,087 BRIDGET JONES: THE EDGE OF REASON
- \$6,231,960 8 (-) FINDING NEVERLAND
- \$4,670,177 \$3,976,685 9 (-) RAY 10 (-) AFTER THE SUNSET \$3,101,979

© EDI-FACTS

COMING SOON

NEXT WEEK: Andrew Lloyd Webber's celebrated musical The Phantom of the Opera hits the big screen in spectacular style, starring Gerard Butler as The Phantom, alongside Emmy Rossum and Mincia Deliver.

MEEK AFTER: Harry Potter has in Lemony Snicket's A Series of tunate Events, based on the best-

TOP 10

- (1) HARRY POTTER AND THE PRISONER OF AZKABAN

- FAHRENHEIT 9/11 THE DAY AFTER TOMORROW SPIDER-MAN 2

- THE STEPFORD WIVES
 SHREK 2
 AROUND THE WORLD IN

IT'S WAR,

CHURCHILL: THE HOLLYWOOD YEARS (15)

IT'S WW2, Hitler is hidden in Buckingham Palace preparing to wed Princess Elizabeth and Winston Churchill is not PM.

Instead he's a gung-ho American GI out to "kick Nazi butt" and save Britain, the Empire and the world.

As if! Hollywood's habit of regular As it Honywood's hant of regular-ly rewriting history to show the Yanks achieved everything worth-while is hilariously sent up in a dis-gracefully funny spoof that avoids even the slightest trace of good taste.

Here King George VI is a miserable miser ("I told them two glasses each and then it's pay bar" he moans at a lavish party), Princess
Margaret is a man-chasing

boozer and the top brass calls Princess Elizabeth "strange girl"!



So no Royal Premiere for co-writer and director Peter Richardson's riot of rude, crude, lewd no-holds-barred humour, then, that finds Hitler's miffed mis-tress Eva Braun carping: "Mussolini shows his girl-friend a good time - why not you?"

not you?"
Christian Slater is a complete hoot as all-American hero Winston, rapping at the Palace, shooting traitors and Germans alike and still finding time to romance Neve Campbell's sweet Princess Elizabeth.

Anthony Sher is side-splittingly silly as the Fuhrer, while Vic Reeves and Bob Mortimer mince to the manner born as gay

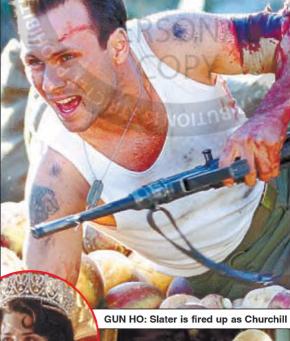
16 A SITUAL LAS IS TRAIS JUICOS La Antoniose do estraci

roval footmen (so no

change there).

Forget subtlety. Just savour seeing Hitler mistaksavour seeing Hitler mistak-en for Charlie Chaplin and Princess Elizabeth river dancing in a pub on Ye Olde Dick Van Dyke Street. With any luck you'll find yourself helplessly racked by laughter I was. VERDICT: 8/10 (and I should be ashewed!)

should be ashamed!)





PRIME MINCE: Bob and Vic with, inset, Neve

"HIGHLY ENTERTAIN "Gripping...sheer sun-soaked fun *** YEK HARRELSON CHEADLE THE A ERETT RATNER FLY

"A SUPERB CRIME CAPER"



XMAS BASH: Gandolfini and Affleck, top, with the animated Hanks in Polar Express

THE POLAR EXPRESS (U) MOVIE magic lets Tom Hanks co-star with his fave actor – Tom Hanks – in one of the most astonishing animated films ever. Hanks modelled for almost everyone from the

conductor and a mysteri-ous hobo to Santa himself . A young lad meets Saint Nic on the enchanted train

taking him and a bunch of other boys to his work-shops at the North Pole. While the kids – with their oddly blank faces and

even blanker eyes – some-times look creepy it doesn't really matter. This film delivers the goods for younger children and if you see it 3-D on IMAX you'll be utterly knocked

VERDICT: 6/10

CHRISTMAS WITH THE

CHRISTMAS WITH THE KRANKS (PG) ISHOT up in my seat when Jamie Lee Curtis said it was the "first time in 23 years Blair won't be here". It turned out not to be Tony B's Christmas photoopportunity — Blair's simply the name of Jamie's screen daughter.

That's a pity since this sent if me nt - sod den, Christmas song-infested comedy could have used some satire (I particularly

conned count have used some satire (I particularly liked "Blair has joined the Peace Corps") instead of the relentless Xmas corn on offer.

Amazingly it's based on Laba Origham's bastsallar.

John Grisham's bestseller and while Jamie and Tim Allen work like crazy to make the treacle go down without giving you dia-

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are re-writing history



TOM'S XMAS TREA



betes it's a losing battle unless you're topped up with three-star Christmas

SURVIVING CHRISTMAS

(12A)
IN Christmas With The
Kranks, Jamie yells "I'm
looking for a ham!"

Unfortunately the makers Unfortunately the makers of this face-freezingly unfunny fable about a lonely man who hires a family to revive his memories of youthful yuletides have found the ham – one Ben Affleck Affleck.

His witless imitation of a grinning side of beef is even worse than the drivel-

ling script.
Even The Sopranos star
James Gandolfini sports a
beard, presumably hoping
he won't be recognised. It's so terrible it could

drive Santa to suicide.

VERDICT: 1/10



IN THE MONEY: Pacino as Shylock

L'S JUST SC

THE MERCHANT OF VENICE (PG)
AL Pacino is magnificent as Shakespeare's 16th Century Jewish moneylender Shylock in a classic with a courtroom twist that would gobsmack Perry Mason.

VERDICT: 8/10

MILWAUKEE, MINNESOTA

(15)
GOOD acting can run in the blood and Jane Fonda's son Troy Garity proves that's the case with his compelling portrait of a mentally chaltered young man. lenged young man.
Garity fends off the attentions of conmen in this

off-the-wall, but consistently enjoyable low budget thriller. VERDICT: 6/10

RIDING GIANTS (12A)

THE stunning surfing sequences make this documentary about some of the world's most remarkable and daring wave riders a must for all surfing fans.

VERDICT: 7/10

NAPOLEON DYNAMITE (PG)

I ASSUME legions of insom-niacs who were cured by seeing this saga of a teenage Idaho nerd's progress made this claptrap a cult hit.

VERDICT: 3/10

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